

DINNERLY



Feed A Crowd: Barbecue Chicken Pasta

Same Meal Price, More Servings!



30 minutes



2 Servings

Want extra bang for your buck? Serve up more with our Feed A Crowd recipes. We've used the same amount of meat but added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.

WHAT WE SEND

- 1 onion
- 2 red capsicums
- free-range chicken tenderloins
- 2 x 200g penne pasta ¹
- 20g smoky barbecue seasoning ¹⁷
- 2 x 200g tomato passata

WHAT YOU NEED

- 2 garlic cloves
- 2 tbs olive oil
- 2 tbs barbecue sauce
- 1 tsp sugar

TOOLS

- large saucepan with lid
- large deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 635kcal, Fat 11.7g, Carbs 93.1g, Proteins 32.3g



1. Prep ingredients

Bring a large saucepan of salted water to the boil for the pasta. Thinly slice the **onion** and **capsicums**. Crush or finely chop **2 garlic cloves**. Thinly slice the **chicken**, then season with **salt and pepper**.



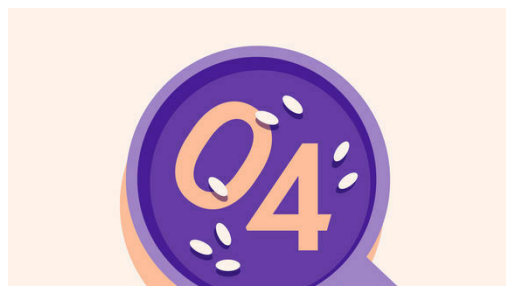
2. Cook pasta

Cook the **pasta** in the pan of boiling water for 10 mins or until al dente. Drain the pasta, then return to the pan. Add **2 tsp olive oil** to the pasta and toss to coat, then cover to keep warm.



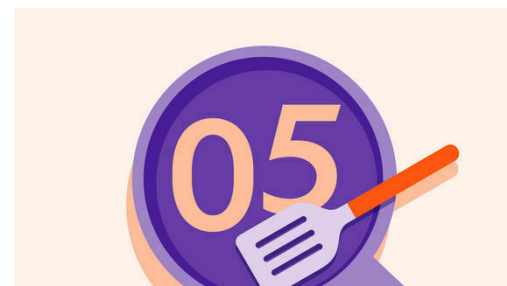
3. Brown chicken

Meanwhile, heat **2 tsp olive oil** in a large deep frypan over medium-high heat. Cook the **chicken**, stirring, for 3-4 mins until browned. Remove from the pan. Heat **1 tbs olive oil** in the pan over medium heat. Cook the **onion** and **capsicum**, stirring, for 5 mins or until softened. Add the **barbecue seasoning** and **garlic** and cook, stirring, for 30 secs or until fragrant.



4. Simmer sauce

Add the **passata**, **2 tbs barbecue sauce**, **1 tsp sugar** and **250ml (1 cup) water** to the capsicum mixture and stir to combine. Bring to the boil, then reduce the heat to medium and cook, stirring occasionally, for 5 mins or until slightly thickened. Stir in the **chicken** and cook for 2-3 mins until the sauce is thickened and the chicken is cooked through.



5. Serve up

Taste the sauce, then season with **salt and pepper**. Remove the pan from the heat. If your saucepan is big enough, add the **sauce** to the **pasta** and toss to combine. Or, simply divide the pasta and sauce among bowls and enjoy!



6. Feed A Crowd

If you have any parmesan or cheddar in the fridge, grate it and serve in a bowl at the table for everyone to help themselves.